

# NEWSLETTER



## Exercise More to Cut Your Cancer Risk

Few words in the English language generate as much fear and anxiety as “cancer.” It is a disease we all desperately want to avoid.

The good news is that there are proven ways to reduce your risk of cancer. Exercise is one of the best.

### Lowers the risk of at least 13 cancers

Research shows that regular exercise of a “moderate to vigorous intensity” lowers the risk of at least 13 different cancers, including breast, colon, lung, endometrial, liver, stomach, kidney, esophageal, and bladder. It also reduces the risk of myeloid leukemia, as well as cancers of the head and neck.

It is believed that exercise lowers the risk of cancer by controlling weight, reducing sex hormones, decreasing inflammation, and boosting the immune system. Physical activity can also improve quality of life and help to improve outcomes during cancer treatment.

### You don’t have to run marathons

The more exercise you do, the better in terms of cancer prevention, but you don’t have to work out like you’re training for a marathon. In general, aim for at least 150 minutes of moderate exercise—or 75 minutes of vigorous exercise—each week.

This could be as simple as taking a 30-minute walk five days a week. Adding in some strength training is beneficial, too. Don’t take an all-or-nothing approach. What’s most important is that you’re physically active on a consistent basis.

Exercise is just one way to lower your cancer risk. Nutrition is also important, as are regular cancer screenings.

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**Mentor**  
**Public Schools**

 The logo for Mentor Public Schools, featuring the word "Mentor" in a large, bold, black font above the words "Public Schools" in a smaller, bold, black font. To the right of the text is a stylized red cardinal head with a yellow beak and a white eye.



# Get Screened for Cancer

Another important step for cancer prevention is getting recommended screenings. They can help you and your physician identify signs of cancer early when it is more treatable.

The Centers for Disease Control and Prevention (CDC) supports screenings for breast, cervical, colorectal (colon), and lung cancers. Which of these screenings you should get depends on your sex, age, family history, and other factors.

## Breast cancer screenings

Women with an average risk of breast cancer are recommended to get a mammogram every two years between the ages of 50 and 74. Women with a family history of breast cancer should talk with their physician about when to start mammograms—and how often to get them.

## Cervical cancer screenings

Two tests help screen for cervical cancer:

- The Pap test looks for precancerous cells in the cervix.
- The HPV test identifies the human papillomavirus that can lead to these cell changes. Women should get a Pap test starting at age 21. If it's normal, their physician may advise them to wait three years until their next one. HPV tests should start at age 30. If that test is normal, women may be able to wait three years until their next test.

## Colorectal cancer screenings

Most people should start getting screened for colorectal cancer after they turn 45. Screening options include stool tests, flexible sigmoidoscopy, colonoscopy, and CT colonography (virtual colonoscopy). Those with certain bowel diseases and/or family history may need to start screenings at a younger age.

## Lung cancer screenings

Current or former heavy smokers (those who quit in the last 15 years) between the ages of 50 and 80 should get annual lung cancer screenings. This is done with low-dose computed tomography (LDCT).

## Talk to your doctor

If you are not sure which screenings you should get, talk to your doctor. Together, you can go over your family history, lifestyle, and other factors to decide which screenings are right for you.



# Eat Well to Avoid Cancer

Studies show that among all cancer-related deaths, as many as 30-35% are linked to diet. Part of the increased cancer risk is due to the food itself, and part is due to increased body weight from an unhealthy diet.

To reduce your risk of cancer, the World Cancer Research Fund (WCRF) and the American Institute of Cancer Research (AICR) recommend you:

**Eat a diet rich in whole grains, vegetables, fruit, and beans.**

These foods should make up the majority of your daily diet.

**Limit red meat and processed meat.**

Consume just moderate amounts of beef, pork (yes, pork is scientifically a red meat!), and lamb. Try to avoid processed meat—such as bacon, hot dogs, and deli meat—entirely.

**Limit sugar-sweetened drinks and alcohol consumption.**

Instead, drink mostly water and unsweetened drinks.

**Eat little to no heavily processed food (including fast food).**

Also known as ultra-processed foods, these foods have unhealthy added ingredients like fat, salt, starch, sugar, artificial colors and flavors, and preservatives.

**A good diet prevents other illnesses**

Eating a healthy diet won't only help to protect you from cancer. It can also help to prevent diabetes, heart disease, and other illnesses. You'll likely feel better overall—both physically and mentally.

*Part of the increased cancer risk is due to the food itself, and part is due to increased body weight from an unhealthy diet.*





# CREAMY BROCCOLI APPLE SALAD

Servings

8

## Ingredients

- 4 cups broccoli florets
- 1/2 cup carrots, shredded
- 1/2 red onion, sliced thin
- 2 apples, diced
- 1/2 cup pecans, chopped
- 1/2 cup dried cranberries
- 1 cup plain Greek yogurt
- 2 tablespoons lemon juice
- 1 tablespoon honey
- Salt and pepper, to taste

## Instructions

1. In large bowl, combine broccoli, carrots, onion, apples, pecans and cranberries.
2. In separate bowl, whisk together yogurt, lemon juice and honey.
3. Combine yogurt mixture with vegetable mixture and toss well. Season to taste with salt and pepper.
4. Chill until ready to serve.

## Nutrition Facts

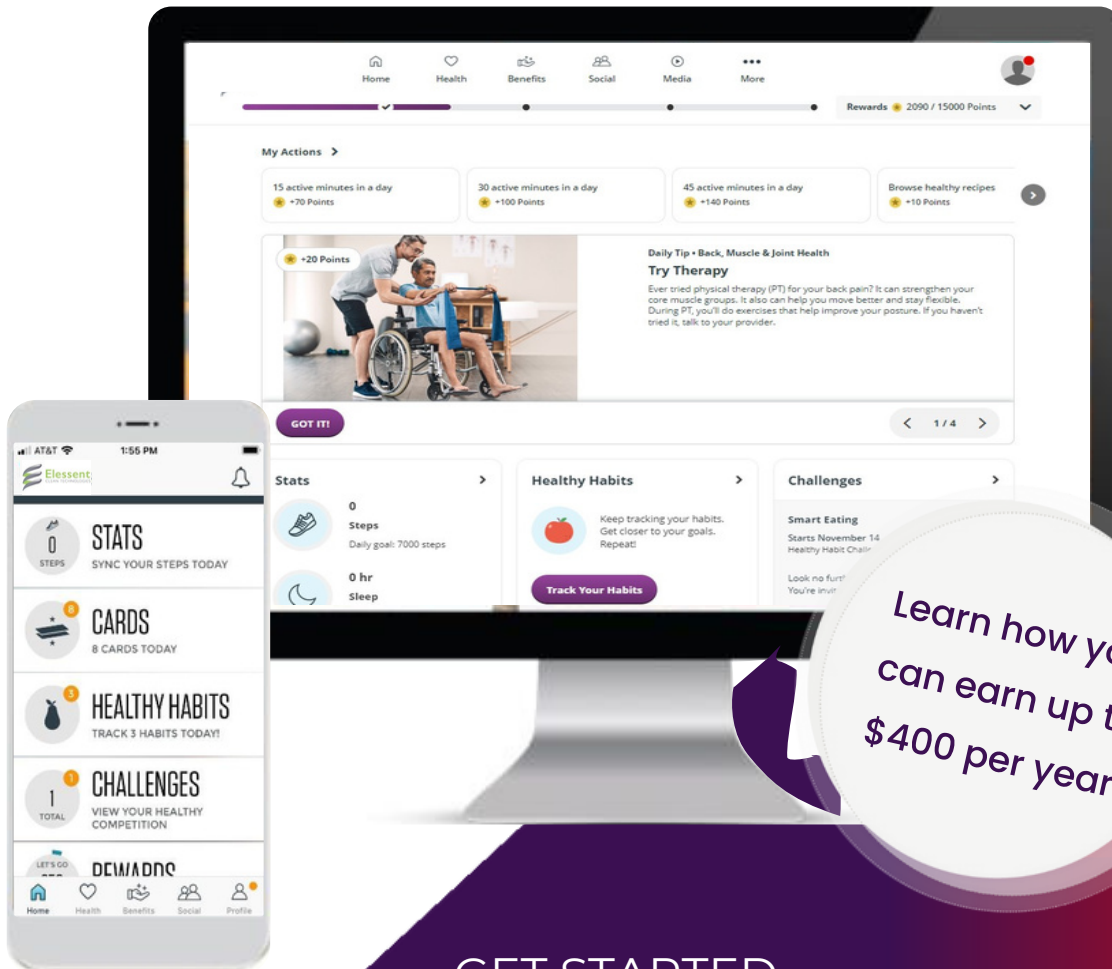
Calories 140  
Total Fat 6g  
Sodium 25mg  
Carbohydrate 20g  
Total Sugars 15g  
Dietary Fiber 3g  
Protein 5g

This newsletter/poster is provided for general informational purposes only and should not be considered medical advice, diagnosis or treatment recommendations.

Source: <https://www.aicr.org/cancer-prevention/recipes/creamy-broccoli-apple-salad/>

# IT'S YOUR TIME TO THRIVE

The Virgin Pulse wellbeing program gives you the tools to get active, get healthy, and get rewarded



## GET STARTED

- ➔ Register for your Virgin Pulse account at [join.virginpulse.com/mentorschools](https://join.virginpulse.com/mentorschools)
- ➔ Download the Virgin Pulse mobile app for iOS and Android. Plus, the first time you log in you'll earn bonus points!
- ➔ Track your healthy activities and make progress on your goals –whether it be getting fit, eating better, staying hydrated, sleeping enough, and more!
- ➔ Earn points by making healthy decisions. The more you make, the more you earn!

# Your Rewards



It's easy to earn points by making healthy decisions. How many levels will you hit?

For more ways to earn, visit How to Earn under the Rewards tab on the site –or Program Details on the mobile app.

	Level 1	Level 2	Level 3	Level 4
Points	7,000	25,000	40,000	60,000
Rewards	\$50 Pulse Cash	\$50 Pulse Cash	\$100 Pulse Cash	\$115 Pulse Cash
<b>Additional Instant Rewards:</b>				
Registration = \$10 Pulse Cash				
Health Risk Assessment = \$25 Pulse Cash				
Biometrics = \$50 Pulse Cash				
<b>How to Earn Points</b>				

## WAYS TO EARN POINTS

Activity	Points	
Upload steps from your activity tracker	DAILY Per 1,000 steps (up to 140 pts/day)	10 points
	15 or more active minutes	70 points
	30 or more active minutes	100 points
Measurements	MONTHLY 45 or more active minutes	140 points
	MONTHLY Take 7,000 Steps	400 points
	MONTHLY Take validated measurements	250 points
Self Tracking	DAILY Track your healthy habits (up to 30 Points/Day)	10 points
	MONTHLY Track healthy habits 10 days in a month	200 points
	Track healthy habits 20 days in a month	300 points
Cards	DAILY Complete card (2/day)	20 points
	MONTHLY Complete 10 daily cards in a month	100 points
	Complete 20 daily cards in a month	200 points
Challenges	MONTHLY Create a personal challenge	50 points
	Join a personal challenge	100 points
	Join the Company Challenge	100 points
Social	ONE-TIME Add a profile picture	100 points
	MONTHLY Give a shoutout	100 points
Journeys	MONTHLY 20 points	20 points
	DAILY Complete a step	20 points
More!	QUARTERLY Complete a journey (up to 3/quarter)	150 points
	ONE-TIME Complete registration	100 points
	Connect activity device	200 points
	First login to mobile app	250 points
	MONTHLY Watch a video in the Media Library (up to 4/month)	50 points
	YEARLY Set a wellbeing goal	200 points
Invite a colleague to join (up to 5/year)	50 points	
QUARTERLY Set interests	100 points	



Sign up now at [join.virginpulse.com/mentorschools](http://join.virginpulse.com/mentorschools)  
 Already a member? Login at [member.virginpulse.com](http://member.virginpulse.com)  
 Questions? Contact Member Services at 888-671-9395





# HEALTH COACH REMINDERS

## May 2023



### Webinar

#### Disease Prevention

There are behaviors and choices within our control that lower our risk for certain diseases. Learn how to increase your longevity and create a healthy life.

**5/9 @ 4:30pm**  
**Register Here!**



### In-Person Event

#### Outdoor Walk

Let's get some springtime movement! Join us at Veteran's Memorial Park for a 1.5 mile walk around Cardinal & Swamp Forest Loop.

**5/3 @ 4:30pm**  
**Register Here!**



# Resource Advisor is here with help for life's issues

## Receive personalized counseling, financial, and legal help

Resource Advisor is a member assistance program that's included with your life and/or disability benefit. It provides resources and services to support you and your household family members when you may need it.

### Counseling by phone, face-to-face, or LiveHealth Online video chat

If you're feeling stressed, worried, or going through a tough time, you may want someone to talk to. You and your household family members can call Resource Advisor anytime, 24/7, and talk with a licensed counselor:

- **By phone:** Call **1-888-209-7840**.
- **In-person:** You can call to set up face-to-face sessions and then schedule appointments directly with your counselor.
- **Video visit:** You can talk with a counselor from the convenience of your home or wherever you have internet access and privacy using LiveHealth Online. To set up a LiveHealth Online visit, call Resource Advisor. You will receive details about how to schedule a visit, along with a coupon code that gives you LiveHealth Online visits at no extra cost to you.

You can review a therapist's background and qualifications to help choose one who is available and right for you.

You and your family members are eligible for up to three counselor visits for each issue or concern, at no extra cost.

Counselors can help with:

- Stress
- Parenting
- Anxiety
- Depression
- Issues that affect your well-being
- Dealing with illness
- Relationship or family issues
- Help finding child care
- Elder care issues and resources

## Support when you need it

Contact Resource Advisor:

- **Phone:** **1-888-209-7840**
- **Online:** **[www.ResourceAdvisor.Anthem.com](http://www.ResourceAdvisor.Anthem.com)**  
(Log in with program name AnthemResourceAdvisor.)



## Helpful resources you can count on

### Financial planning

Call Resource Advisor to set up one-on-one financial counseling with a certified professional financial planner. They can help with issues like retirement planning and saving for a child's education.

### Legal services

With a call to Resource Advisor, you can schedule a consultation with an attorney over the phone at no charge. If you want to meet with an attorney in person, the legal consultant can set up an appointment at a discounted fee.

### Identity theft recovery and monitoring

Resource Advisor has fraud resolution specialists who can help if your identity is stolen. They can work with creditors, collection agencies, law firms, and credit reporting agencies for you for up to one year. You can sign up for ID monitoring, receive credit report reviews, and place fraud alerts on credit reports no matter how many times your identity is compromised.

Call 1-888-209-7840 for financial, legal, and identity theft recovery and monitoring services.

### Online tools to help with life's issues

The Resource Advisor website has tools to help with life's challenges, such as:

- Creating a will
- Parenting
- Aging
- Healthy living
- Household support
- Referrals
- Funeral planning

To access resources, visit [www.ResourceAdvisor.Anthem.com](http://www.ResourceAdvisor.Anthem.com) and use the program name "AnthemResourceAdvisor."

**We're here to help with concerns  
— no matter how big or small**

**Call 1-888-209-7840 or visit  
[www.ResourceAdvisor.Anthem.com](http://www.ResourceAdvisor.Anthem.com) to receive  
support and guidance, whenever you may need it.**

1. The range of preventive care services covered at no cost share when provided by plan doctors is designed to meet state and federal requirements. The Department of Health and Human Services decided which services to include for full coverage based on U.S. Preventive Services Task Force A and B recommendations, the Advisory Committee on Immunization Practices (ACIP) of the Centers for Disease Control and Prevention (CDC), and certain guidelines for infants, children, adolescents, and women supported by Health Resources and Services Administration (HRSA) Guidelines. You may have additional coverage under your insurance policy. To learn more about what your plan covers, see your Certificate of Coverage or call the Member Services number on your ID card.

2. Prescriptions determined to be a "controlled substance" (as defined by the Controlled Substances Act under federal law) cannot be prescribed using LiveHealth Online. Psychiatrists on LiveHealth Online will not offer counseling or talk therapy.

3. LiveHealth Online appointments are subject to availability. Online counseling is not appropriate for all kinds of problems. If you are in crisis or having suicidal thoughts, it's important that you seek help immediately. Please call 800-273-8255 (National Suicide Prevention Lifeline) or 911 for help. If your issue is an emergency, call 911 or go to your nearest emergency room. LiveHealth Online does not offer emergency services.

LiveHealth Online is the trade name of Health Management Corporation, a separate company, providing telehealth services on behalf of Anthem Blue Cross and Blue Shield.

Note about eligibility: This program is for active employees and their household family members. All benefits end at retirement.

Resource Advisor services are not a part of the certificate, policy or trust agreement and do not modify any insured benefits. Resource Advisor additional services are provided based on negotiated agreements between the insurance company and certain service providers. Although the insurance company endeavors to make these services available to all policyholders and certificateholders as described, modifications to our agreements with service providers may require that services be periodically modified or terminated. Such modification or termination of services may be made based on cost to the insurer, availability of services, or other business reasons at the discretion of the insurer or service providers.

Life and Disability products are underwritten by Anthem Life Insurance Company. In Georgia, Life and Disability products are underwritten by Greater Georgia Life Insurance Company using the trade name Anthem Life. Independent licensees of the Blue Cross and Blue Shield Association. Anthem is a registered trademark of Anthem Insurance Companies, Inc.

 Cut out this wallet card and keep it with you when you travel.

**AnthemLife** 

## Resource Advisor

Receive support, advice and resources, 24/7

1-888-209-7840

[www.ResourceAdvisor.Anthem.com](http://www.ResourceAdvisor.Anthem.com)

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